

# BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 6, No. 7

Marine Corps Logistics Base Barstow, California

December 13, 2001

## Party today!

Base Christmas party at  
the Oasis Club  
at 4 p.m.

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## Commander's Corner

MCB doing what it  
does best ...  
EVERYTHING!

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## CO's holiday message

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## BARSTOW LOG

The next edition of the  
BARSTOW LOG,  
featuring the highlights  
of 2001, will be  
published Jan. 3.

Check out the  
Marine Corps  
homepage.

<http://www.usmc.mil>

**BARSTOW LOG**  
SERVING MCLB DURING TRANSITION AND CHANGE

<http://www.barstow.usmc.mil>



Photo by Linda D. Kozaryn.

Defense Secretary Donald H. Rumsfeld speaks at a ceremony commemorating those killed three months ago in the Sept. 11 terrorist attack on the Pentagon Tuesday.

## Muslims 'Enrich America,' military

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON – U.S. service members of Muslim faith observed the end of the day's Ramadan fast Nov. 30 at an interfaith dinner at the Pentagon.

Deputy Defense Secretary Paul D. Wolfowitz was the guest speaker at the Iftar dinner, a communal Muslim meal held after sundown at the end of each day of the holy month. Muslims may not eat or drink in the daytime during Ramadan.

Wolfowitz told his audience he was honored to attend the dinner, the fifth annual. No stranger to Muslim customs, the deputy defense secretary was U.S. ambassador to Indonesia – the largest country in the Muslim world – for three years during the Reagan administration.

He remarked: "It is especially gratifying for me to be able to share this evening with you and share this meal with you ... men and women of the U.S. military, who, as President Bush has said, contribute not just to the military might of our country, but to its meaning and its conscience, and its soul."

For centuries, Muslims have enriched the world "through their contributions to history, literature, architecture and mathematics," Wolfowitz noted.

Today, millions of Muslims enrich America and its military, he added. The co-sponsor of the dinner, the American Muslim Armed Forces and Veterans Affairs Council, estimates that some 15,000 U.S. service members are of the Muslim faith.

Wolfowitz remarked that "the campaign to bring peace to the people of Afghanistan" has continued through Ramadan this year ... "because, as the President (Bush) reminded us ... 'Evil has no holy days.'"

Six times in the past decade, U.S. military men and women have risked their lives to help Muslims in Kuwait,

See MUSLIM Page 5

## Holiday Olympics: *Keeping eating on track during the holiday season*

By Susan M. Koerner  
Naval Forces Marianas Public Affairs

GUAM (NNS) – From Halloween candy to Thanksgiving turkey and Christmas cookies, many people feel it's inevitable they will gain weight during the holidays.

The biggest belt-busters aren't the large sit-down dinners on Thanksgiving or Christmas, as most people think, but the never-ending parade of holiday appetizers and sweets.

Popular hors d'oeuvres like chips and dip and crab puffs are laden with fat and calories. And most people can't partake of all the cookies and candies

that pile into the office and home throughout the entire month of December without feeling their clothes get tight.

"Don't use the holidays as an excuse to eat, or cheat on your diet – try to maintain regular eating," said Lt. Terri Moraca, a clinical dietician and head of nutrition management at U.S. Naval Hospital, Guam. "Make it more of a time to enjoy who you are with."

A study published in "The New England Journal of Medicine" in March offered yuletide revelers some good – and some bad news. The good news: Most people don't gain as much weight over the holidays as they think. The

average person gains only about a pound during the period between Thanksgiving and New Year's – that's a fourth of what the study participants believed they had gained.

Now for the bad news: That pound sticks around long after the holidays, and a pound a year over 20 years can really add up, according to the study's author, Dr. Jack Yanovski, an obesity researcher at the National Institutes of Health.

"Most people gain that pound and have a heck of a time getting rid of it," said Yanovski. "Most of us hate going on diets and they usually backfire because we end up feeling deprived."

The National Institutes of Health study also found that the holidays posed an even greater challenge for people who were already overweight. They were more likely to gain more than five pounds, further increasing their health risks.

More than half of Americans are overweight or obese, according to the Centers for Disease Control and Prevention. Obesity is a risk factor for diabetes, heart diseases and other various health problems.

The tradition of stuffing yourself with heaping platefuls of high-fat foods may

See HOLIDAYS Page 5





The holiday season is a time of great celebration and a special opportunity for reflection.

We should each take the time to enjoy our families and friends and share the joys of Christmas, Ramadan, Hanukkah, Kwanzaa, or whatever special way you choose to celebrate. I hope all of you will find enjoyment in the spirit of the season.

As we reflect on the past year, we've seen a time of change and challenges. Our nation and our lives will be forever changed by the events of September 11. However, we demonstrated strength of character in which we can be justly proud. We are showing the world that America is a great nation, unified by the indomitable spirit of its people.

The base also changed with a new commander, new security measures, and the stand-up of the Most Efficient Organization after winning the two-year public-private A-76 competition. As the new commander, I see your commitment to high standards, professional excellence, and mission accomplishment. These qualities marked your passage through these challenging times and will continue to serve you well in the coming year, when together we will continue to focus on our mission and our people. I commend all of you on the superb job you are doing for your nation, your Corps, and your base.

During your celebrations, please remember to be safe in all that you do, whether staying home or traveling. I look forward to working with each of you in the New Year.

Joe and I extend our best wishes to all members of the MCLB Barstow team – Marines, Sailors, civilian Marines, and family members – for a joyous and happy holiday season.

Semper Fidelis,  
*I E Bergman*  
I. E. BERGMAN  
Colonel, U. S. Marine Corps  
Commanding

# The reason for the season

By Lt. Cmdr. Elmon R. Krupnik  
Base Chaplain



As we are now in the midst of the Christmas season, my schedule is full of Christmas parties and events.

I always enjoy the Christmas decorations, which we usually put up right after Thanksgiving so that we can enjoy them a long time. There is also all of the Christmas shopping to find everyone the "perfect" gift.

My wife even had enough courage to go out the day after Thanksgiving this year. However, in all of the excitement and activities, it is easy to lose sight of the real meaning of Christmas. We celebrate Christmas because it is the celebration of Christ's birth, the best gift of all.

God sent His Son as a gift to us, that through

His Son's death and resurrection, we could receive the gift of God's grace and salvation.

Through the price paid by Christ, we are able to experience God's forgiveness. Romans 5:8 states, *"God demonstrates His own love for us in this: while we were still sinners, Christ died for us."*

When we have experienced the forgiveness and grace of God, we, in turn, should show others that same forgiveness and grace. Our lives should be a reflection of God, and the peace and good will that comes from Him.

The best Christmas gift that we can give to others this year is to show them the peace, forgiveness and grace that God has given to us through our thoughts, words, and actions.

People will truly be blessed in our presence and feel the love of God if we allow that love to flow through us. What a great way to bless others and honor God this Christmas!

Blessings to all,  
Chaplain Krupnik

# Liberty, life: *Listen and live*

By Cpl. Joeseeph Lee  
Special to the BARSTOW LOG

Marines are no strangers to safety.

Whether going on a four-day weekend, or just attending a monthly formation, we are briefed on safety. We learn about safety while driving, safety at the workplace, safety at home, and safety while on liberty.

Are all of these safety briefs really making a difference? Will we actually pay closer attention to what we are doing if we are briefed of safety the day prior?

Leaders of the Marine Corps say, "Yes."

Every fiscal year, the Marine Corps allocates money and dedicates more time to safety issues. Issues such as drinking and driving, occupational safety, and safety on liberty top the charts.

Gen. James L. Jones, the commandant of the Marine Corps, is investing personal interest in safety; in fact, the commandant published a list of the Marines killed in automobile wrecks during the last year in order to grasp the attention of Marines of all ranks. The list of Marines killed had no preference for rank; a sergeant major who was killed is listed right next to the privates and lance corporals.

Drinking and driving is the number one killer

of Marines today. Statistically speaking, a Marine is more safe walking patrols in Afghanistan than going out to party with his friends - a scary truth commands everywhere are trying to combat.

Marines stationed here are authorized to utilize the duty noncommissioned officer to arrange for transportation back onto the base without payment or fear of reprisal by their chain of command.

Since the plan has been in effect, the number of incidents of Marines driving under the influence has dropped dramatically.

Whether at home, on the job, or out having fun in town, safety must come first.

The safety briefs we hear on a regular basis have indeed helped us out; they have reminded us that there are others who wish to see our smiling faces at the end of the weekend. They remind us what to look out for, and they give us solutions to problems that have the potential to turn sour.

From the commandant of the Marine Corps to the privates and privates first class at MCLB Barstow, the message of safety is heard loud and clear every Friday afternoon: "If you drink don't drive, and if you drive don't drink."

## Christmas food baskets donations

The Marine Corps Community Services – Personal Services Division is collecting food donations for this year's Christmas food baskets for military families on base.

Last year, 17 baskets were distributed to families aboard MCLB. The success of the program is due to the generosity of the individuals living and working aboard the base.

Donations of any items or a complete dinner are appreciated.

A suggested menu for a family of four would include: ham/turkey, cooking pan, corn starch/gravy, box of stuffing, two cans of a vegetable, mashed potatoes, rolls, cranberry sauce, and a pie or any other dessert item.

Food donations can be made to the drop boxes at Bldg. 302 and the Personal Services Division in Bldg. 129. For donations of perishable items call Master Sgt. Allyson Hedrick or Gunnery Sgt. Michael Claudio, 577-6533.

## Adopt-a-vet Prayer Breakfast

The Command Religious Program and the Veterans Home of California – Barstow are sponsoring a prayer breakfast Saturday at 8:30 a.m. as part of the Adopt-a-vet festivities scheduled for the day.

The breakfast is free of charge for all active duty Marines. All desiring to attend the event can make reservations and obtain directions through the chaplain's office

The Adopt-a-vet program was created to help make the holiday season brighter for veterans residing at the Veterans Home of California – Barstow. For more information about the program or the prayer breakfast, call the chaplain's office at 577-6849.

## Chapel Services

Protestant Sun. 8:30 a.m.  
Mass Sun. 10:30 a.m.

**Confession services  
before Mass**

## Catholic Rosary

First Saturday of  
every month.  
3 p.m. at the **Base Chapel**.  
For more info call  
577-6849.

## Nebo Bible Study

Wednesday Noon–1:30p.m.  
At the **Chapel Office**.  
For more info call  
577-6849.



Marine Corps Logistics Base Barstow, California  
Colonel Ingrid E. Bergman, Commanding Officer  
Public Affairs Staff

Public Affairs Officer/Executive Editor:  
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Bill Bokholt  
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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (661) 945-5634.



# NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Friday for the next issue. Submit news briefs via e-mail to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

## MCLB CHRISTMAS PARTY

There will be a base Christmas party at the Oasis Club today from 4 p.m. to 10 p.m.

All MCLB military personnel and their families, base civilian personnel and retired military are invited to attend.

Santa Claus will arrive at 4:30 p.m. and will be available to have pictures taken with all the children who want to make a Christmas

present request.

Dinner will be served buffet-style, and the menu includes: roast baron of beef, buffalo wings, meatballs, vegetables, fresh fruit and a dessert table.

There will be chicken tenders and mini hot dogs for the children.

Due to the event the Family Restaurant will be closed tonight. For more information call the Oasis Club, 577-6432.

### Dental Clinic closure

The dental clinic will be closed Friday for a command function at Camp Pendleton.

For dental emergencies, contact the Shuttleworth Dental Activity at Fort Irwin, DSN 470-3166 or (760) 380-3166. The Clinic will reopen Monday at 7 a.m.

As a reminder, the clinic has a sick call which runs from 7 to 7:30 a.m. Mondays through Fridays. All tooth aches, physicals, and annual exams should be conducted during this time. Exceptions will be made for special circumstances.

For more information call the Branch Dental Clinic, 577-6497.

### Christmas on Main Street

The Barstow Area Chamber of Commerce in conjunction with downtown merchants is presenting Christmas on Main Street, a holiday festival from 5 to 9 p.m. Tuesday. There will be a variety of vendors and entertainment lining Main Street for the event.

For more information, or for a vendor application form, contact the Barstow Area Chamber of Com-

merce, 256-8617.

### Toys for Tots

Barstow community Toys for Tots toy application locations and distribution dates and location have been announced.

Needy families with children 10 years of age and younger seeking toys can pickup applications in Barstow at Mail, Boxes n' More, 909 Armory Rd.; Connie's Coin Laundry, 963 Armory Rd.; Department of Social Services, 1300 E. Mountain View; Desert Manna, 209 S. First Ave. and Starlight Donuts, 101 W. Main St.

Toys will be distributed at 1305 E. Main St. (behind Coco's Family Restaurant) from 9 a.m. to 5 p.m. Monday for those whose last names begin with A-M, on Tuesday for N-Z and Wednesday for those who miss the first two days.

For more information or to volunteer with distribution call Laurden Valverdi at 256-3574.

### Commissary holiday hours

It is the commissary's goal to provide extra service to patrons this holiday season by providing additional pre-

holiday shopping hours. The hours/days of operation are as follows for the upcoming holidays:

Date	Operation	Hours
Dec. 24	Open	8 a.m. - 3 p.m.
Dec. 25, 26	Closed	
Dec. 27, 28	Open	9:30 a.m. - 6 p.m.
Dec. 29	Open	8:30 a.m. - 5 p.m.
Dec. 30	Closed	
Dec. 31	Open	9:30 a.m. - 6 p.m.
Jan. 1	Closed	
Jan. 2	Open	9:30 a.m. - 6 p.m.

The commissary will return to normal hours of operation Jan. 2. If there are any concerns or clarification needed please call the commissary at 577-6438.

### Safety shoes

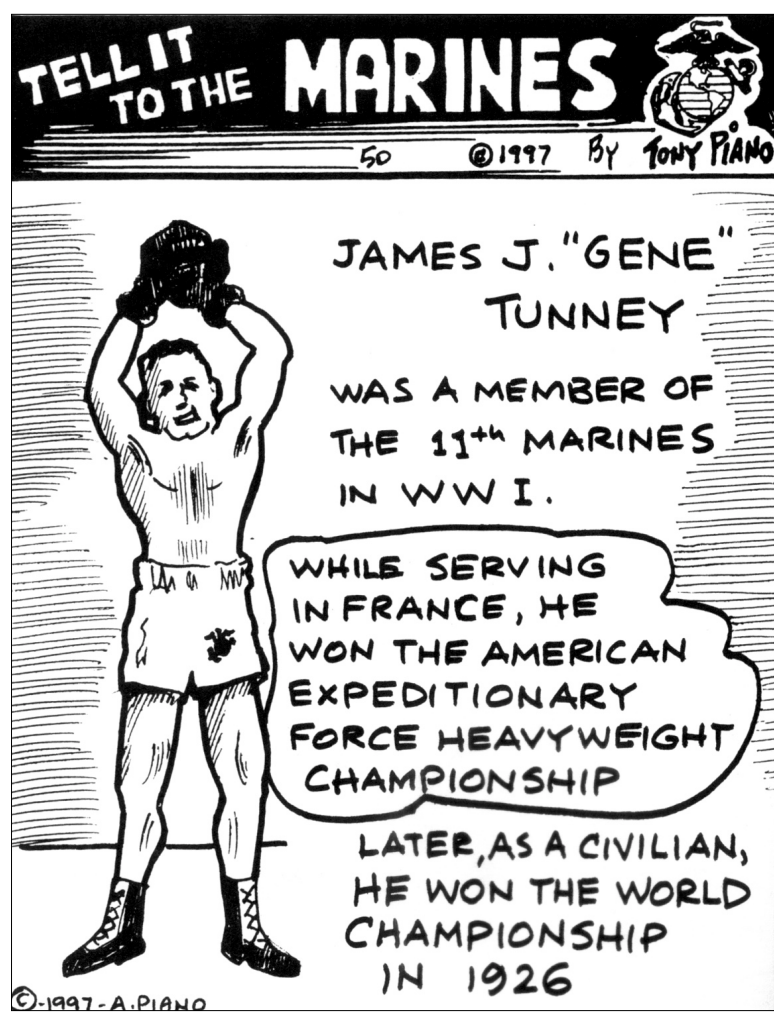
Safety shoes will be available for purchase Wednesday in the parking lot in front of Bldg. 573 at the Yermo Annex from 7 to 11 a.m. and in the parking lot at the east end of Bldg. 236 at the Nebo Annex from noon to 2 p.m.

### Sea World free

The Ahheuser-Busch Companies, beer wholesalers and Busch Entertainment Corporation invite firefighters, police officers, EMS professionals and active duty military to be their guests at SeaWorld in Orlando, Fla., San Antonio, Tx., and San Diego from now until the end of the year.

Eligible guests at SeaWorld need only show identification to gain free admittance. The immediate family of honored guests will receive complimentary admission on their first visit to one of the parks and 25 percent off additional visits until Dec. 31. Immediate family includes: spouse, children, parents, grandparents, girl/boy friend, and fiancée. Family must be present with sponsor to receive complimentary admission.

Guests' extended family and friends receive 25 percent discount on admission. Examples of extended family in-



JAMES J. "GENE" TUNNEY

WAS A MEMBER OF THE 11<sup>th</sup> MARINES IN WW I.

WHILE SERVING IN FRANCE, HE WON THE AMERICAN EXPEDITIONARY FORCE HEAVYWEIGHT CHAMPIONSHIP

LATER, AS A CIVILIAN, HE WON THE WORLD CHAMPIONSHIP IN 1926

clude aunts, uncles and cousins. Guest must be present for extended family and friends to receive discount.

For more information call 577-6541.

### Disney honors Armed Forces

Disney's Armed Forces Salute Program honors the men and women in active military who are fighting for freedom today by offering complimentary seven-day admission into Disney's U.S. theme parks, as well as ticket discounts for family members and friends January 1, 2002 to April 30, 2002, by all four of the Walt Disney World Resorts - Orlando, Florida, Anaheim, Calif., Paris, France, and Tokyo, Japan. Honored men and women will also receive a packet of special offer tickets.

The complimentary seven-day admissions passes and special offer tickets can be obtained ONLY at the four Walt Disney World Theme Park ticket windows.

These tickets cannot be obtained at Shades of Green or military base ticket offices. For more information call the Information Ticket and Travel office, 577-6541.

### Prayer breakfast

The Black Employment Program Committee is having a prayer breakfast in honor of Dr. Martin Luther King Jr., at the Oasis Club Jan. 17 from 7 to 8:30 a.m.

The guest speaker will be Lt. Cmdr. Elmon Krupnik, command chaplain. The tickets to the breakfast cost \$6.75

per person and include scrambled eggs, sausage/bacon, hash browns, biscuits and coffee/hot tea. The cutoff date for tickets is Jan. 11.

For tickets or for more information contact one of the following Black Employment Program Committee members:

Name	Phone
Robin Cross-Walker	577-6395
Brenda Santiago	577-6552
Toni Gentry-Irvin	577-7046
Marva Johnson	577-6965
Odis Gentry	577-6002
Ed Virgil	577-7134
Clarence Green	577-6047
Bruce Raymond	577-6364

### Marine Corps Scholarship Foundation

Application packets for academic year 2002-2003 scholarships through the Marine Corps Scholarship Foundation are now available.

Sons and daughters of present active duty and reserve Marines; former Marines and reservists who have received an honorable discharge, medical discharge or who were killed while in the service; and active duty, reserve, or former Navy corpsmen who are serving or have served with the Marine Corps are eligible for scholarships.

Also, those applying must fall into one of the following categories: a high school senior, a high school graduate, currently enrolled as an undergraduate in an accredited college or univer-

## Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-524-01-NR	Golf Course Superintendent GS-1101-08	11-28-01	12-28-01	12-12-01	MCLB Barstow
DEU-537-01-NR	Artillery Repairer WG-6605-07 (term NTE 366 days)	12-05-02	01-03-02	12-19-01	MCLB Barstow
DEU-538-01-NR	Firefighter GS-0081-05	12-05-01	12-19-01	12-12-01	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their résumé to:

Human Resources Service Center, Southwest  
ATTN: Code 522 (announcement number)  
525 B Street, Suite 600  
San Diego, CA 92101-4418

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office, 577-6357.

If you have Internet access, browse to <http://www.usajobs.opm.gov>.

For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.donhr.navy.mil>.

This is not an official list. Please see the Websites listed for a complete list.

# Suicide prevention a concern for every leader

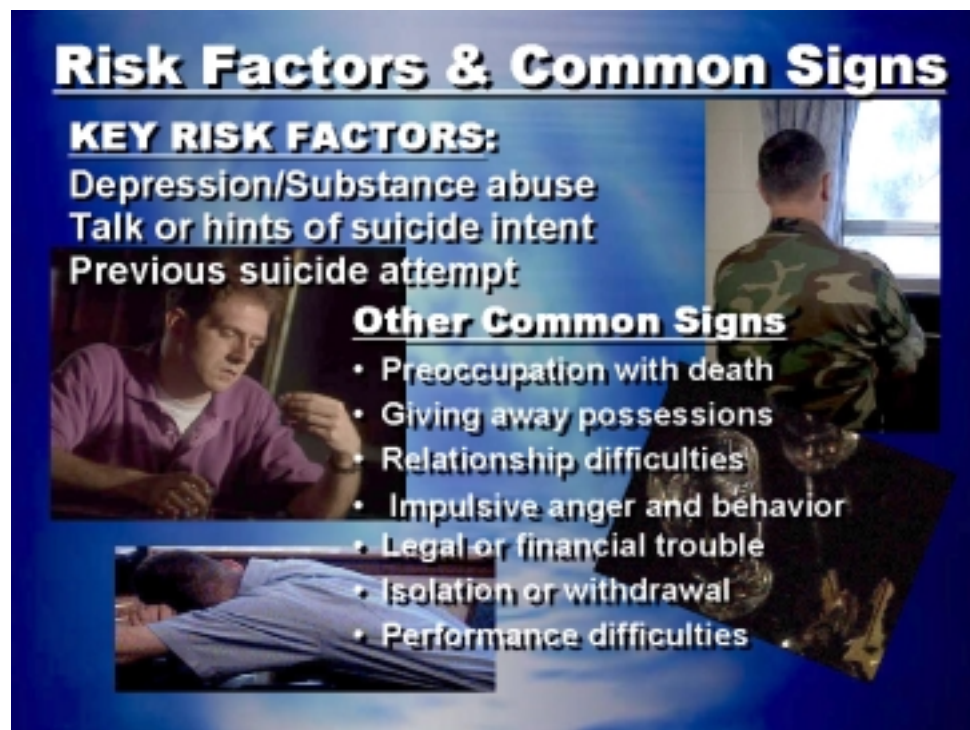
Released by HQMC  
Division of Public Affairs

QUANTICO, Va. – A popular misconception held by many Marines is that more suicides happen during the holiday season than at any other time of year. Statistically, over the past twenty years, the Marine Corps has seen the highest rates of suicide in January. January can bring serious financial burden and feelings of isolation.

With the holiday season approaching special emphasis needs to be added to suicide prevention and awareness.

There have been 28 suicides this year. This is an increase from 24 at the same time last year. Marines and sailors need to be aware of the warning signs of suicide. The life of every service member is critical and we must take the issue of suicide seriously.

According to Navy Lt. Nisha Robbins, Headquarters Marine Corps Suicide Prevention Manager, "suicide is the second leading cause of death in the Corps." Although the U.S. Military has a lower rate of suicides than the civilian population, the Marine Corps has the highest rate in the armed forces. One contributing factor to the Marine Corps rate may be its population demographics. It has high numbers of unmarried males in the 19-24 age range, one of the most at-risk groups for suicide.



"In the Marine Corps the biggest risk factors for those that ended their life was a relationship problem, typically the loss of an important relationship. Other significant risk factors were work problems and legal problems," said Robbins.

Most suicides occur among junior enlisted Caucasian males. However, there has been a

slight increase in suicides among females and African-American males. In 2000, eight of the 24 completed suicides occurred among the ranks of E-6 and above. Four of those were in the officer ranks. Ultimately, there isn't one military occupational specialty, racial group, or age group that is less at risk than another, Robbins said.

She explained, "suicide is something that can happen to anybody. The most important issue we try to stress to commands is to create a climate where Marines feel that it is OK to get help for their problems. We want to see the number of suicides in the Marine Corps decline, but for this to happen, the commands need to take all comments about suicide seriously and get the person in for a mental health evaluation first. A mental health professional can then assess the seriousness/dangerousness of the statements/behavior."

Robbins continued, "it's normal for people to have suicidal thoughts, but it is important to understand that most suicidal people desperately want to live. A suicidal person is unable to see alternatives to their problems. Once the person is evaluated by a professional, he/she can be referred for follow up services. These services might include continuing mental health counseling, talking to the chaplain, financial counseling, substance abuse counseling, etc. Suicide is preventable."

Suicide prevention is the concern of every leader, every Marine, every day. If you know of someone who is struggling, bring it to the attention of someone who can help. There are many resources available to Marines including the Mental Health Department of naval hospitals and clinics, the coun-

See **SUICIDE** Page 9



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pose a more immediate risk than weight gain. Research presented recently at the annual meeting of the American Heart Association found heavy meals can be hard on the heart. A person's chances of having a heart attack quadruple in the two hours following a very big meal.

So how can you make it through all the festivities with buttons intact? Moraca offers these tips for getting through the feasting season:

– Imagine your plate is divided into four equal sections with a different food group in each. “Don’t cover your plate in just starch.”

– Use a smaller plate, and if you go back for seconds, make it for vegetables and high fiber foods.

– Eat with your less dominate hand, it slows the pace. “Most people don’t realize it takes 20 minutes for your brain to realize that you are full.”

– Bring a lower calorie or low-fat dish to the company potluck or family gathering, so you know you can eat it.

– Go for a walk in the evenings to help burn off the calories.

Moraca also recommends incorporating new foods into the traditional menu. “It’s good to try something new for the holidays that incorporates lower calorie items,” she said. “There are lots of books out there specific to the diabetic life-style, with recipes that are low in sugar and low in fat to help keep the calories down.”

Learning to substitute lower fat items, such as skim milk for whole, and apple sauce for cooking oil in baking recipes, also helps to make recipes healthier.

Keeping healthy eating habits in mind is important year-round. According to Moraca, a well-balanced diet that includes all food groups, plenty of water, fiber and regular exercise is the best recipe for good health.

**GOT NEWS?** *If you think you’ve got something newsworthy call the public affairs office, 577-6450.*

MUSLIM from Page 1

northern Iraq, Somalia, Kosovo, Bosnia, and now, Afghanistan, Wolfowitz noted.

In today’s war against global terrorism, Wolfowitz remarked that America and its allies around the world “are fighting against an evil that arose from an irrationally, and ultimately selfish, attempt to appropriate a great religion.”

He noted that the terrorists responsible for the Sept. 11 attacks on America “hijacked a country which is now being liberated.”

Those terrorists also “attempted to hijack a great religion, but each time faithful Muslims gather in prayer and in peace, you reclaim your faith and reaffirm the great gift that Islam has been to humanity through the centuries,” Wolfowitz said.

Just doing my job ...



Photo by Sgt. Anwaar AllMoribat

Grant Fargon, Installation and Logistics automotive mechanic, takes a moment from working on a generator to help a meadow lark find its way out of the confines of the service and repair bay of Building 322. A Marine veteran, Fargon served in the Gulf War.



# ‘It’s in the mail’

*Following proper procedures for government mail and correspondence*

To keep the base post office running smoothly and make sure mail is going where it is supposed to, section leaders and personnel should take note of the prescribed address labels below. The more information on letters mailed to the base, the easier it is to get those letters where they need to go.

Base employees should contact those businesses, agencies, etc., they receive official mail from and make sure they are properly addressing the mail they send out.

## GENERIC

COMMANDING OFFICER BXXX (Call 577-6554 to get your B-code.)  
ATTN (SECTION OR TITLE) (This line is optional but is recommended.)  
SECTION (This line is optional but is recommended.)  
BOX XXXXXX (Call 577-6554 to get your Box number)  
BARSTOW CA 92311-5001

## EXAMPLE

COMMANDING OFFICER B130  
ATTN Barstow Log Editor  
Public Affairs Office  
BOX 110130  
BARSTOW CA 92311-5001

To find out your Box number or your B-code (every section/cost work center has its own B-code), contact Sgt. Brian Palmer, 577-6554. The above mailing address examples are for official mail to work sections only. Personal addresses do not require the same information.



## Maintenance Center to open Safety Store

By Randy Spencer  
Environmental and Safety Office

The Environmental and Safety Office will be opening up a safety store in the near future for the purpose of ensuring Maintenance Center Barstow employees have immediate access to general Personal Protective Equipment. Details on the exact date of the opening will be distributed at a later date.

Fleet Support Division is already stocking/purchasing required items and establishing stocking/re-ordering levels.

The store will be located at the Hazmat issue point located across from the Safety Office which will be redesigned to include a walk in lobby and glass show cases displaying samples of available items. All safety issue transactions, to include HazMat and shop towels, will be conducted from the lobby and charged to appropriate job numbers

A sample of the initial PPE inventory includes various hearing protection devices, an assortment of safety glasses both clear and shaded, numerous types and sizes of gloves including impact resistant gloves, hearing protection to include foam and rubber plugs, ear muffs and an assortment of miscellaneous items such as hard hats and knee pads.

Senior leaders believe this will increase the availability of PPE and assist in reducing preventable injuries. All that is required is to report to the issue point, show one's badge as done for HazMat issues and request the PPE needed.

## Certification pending for Calibration Lab

By James Metcalfe  
Communications/Electronics/Metrology BC

Maintenance Center Barstow's Calibration Laboratory has met all ANSI/NCSL Z-540-1 audit criteria as defined by USMC TI-4733-35/23 as of Nov. 30 and is now pending final certification. The ANSI/NCSL Z-540 is a nationally recognized quality system for calibration laboratories.

Having this certification now brings Maintenance Center Barstow's calibration laboratory on level with commercial activities allowing MCB to compete for work using a nationally recognized quality support program.

The lab expects to be issued their actual certificate from MARCORSYSCOM's, Program Manager - Test, Measurement and Diagnostic Equipment prior to the holidays.

Congratulations to all Calibration Laboratory personnel whose hard work and dedication made this important milestone a reality.

## Toys for Tots

*Toys can be dropped off at the Maintenance Center front gate and the guard gate in front of building 573.*



MCC employees work to whittle down the never-ending



# MANDER'S CORNER

Maintenance Center Barstow

## THE Material Control Center

Story and photos by Sgt. Anwaar AlMoribat  
Press Chief



Ronnie Baca, work leader, handles a special request for a "show stopper."

Maintenance Center Barstow is a fifth echelon level repair depot capable of disassembling and rebuilding everything in the Corps' arsenal, except fixed and rotary winged aircraft, in short order.

The Material Control Center, a newly restructured organization within the maintenance center, plays a key role in efficiency and mission accomplishment, but has only begun to carve a niche for itself.

In an abbreviated version, throughout Building 573, highly skilled work-

ers assess equipment repair needs, tear the equipment down and dissipate its parts through any of a number of cost work centers for specialized repair or replacement. Magically, when the major components of the piece of equipment are repaired and ready for the reassembly process, the mechanics and technicians have everything they need to put it back together and send it out to the Fleet Marine Force where its return is eagerly anticipated.

The magicians who orchestrate how every part, wing nut, bolt and gasket makes its way to its appointed place on cue is the work of the Material Control Center staff. The center's managers, planners, expeditors and material handlers wear the hat of traffic conductors — keeping the flow of parts and component kits steady and sure. Their work allows the center's workload to move according to schedule.

"We hear that from mechanics all of the time," noted Ronnie Baca, MCC warehouse work leader. "They say 'we wouldn't get anything done if it weren't for you guys over here' and it makes us feel good to hear it. It lets us know that we are doing what we're supposed to be doing."

Created in January 1998, the MCC is a work-in-progress moving toward the end goal of streamlining the repair process. Before the MCC, equipment

and vehicles were disassembled and the parts were stored on lots and warehouses.

The procedures used to track available equipment before the MCC was less than sufficient for a depot with the size and workload that MCB has, according to Catherine Ashbrook, MCC manager. "We didn't have the visibility for what we needed," she said.

Now, all repair components are repaired and sorted into complete rebuild kits for the repair lines. The kits are tracked and stored by MCC for positioning when the need for a particular kit arises. Expeditors and material handlers, who work directly with mechanics, deliver kits and ensure that all rebuild needs have been met.

Once repair lines grounded to a halt because mechanics didn't have the part or accessory they needed readily available, even though it may have been on hand at a storage lot or in a warehouse. The man-hours lost sifting through the Yermo Annex's expanse, qualifying the part for use once it was acquired, and then transporting it to where it was needed, no longer plagues the major repair lines. And soon it may be true for all cost work centers — if Ashbrook realizes her goals for the MCC.

"This will be the first time since standing up the Material Control Center that I have had a chance to focus more on managing and directing the course the MCC takes," said Ashbrook. "We are staffed now, and we have seen a lot of progress being made at the shop level with the major kits that we have developed. Now we want to bring that to every area of the maintenance center, not just the major lines."

Joann Bond, head of MCC, Production Support Section, said that aside from getting ahead of the learning curve for her new position, she has another goal — to become more familiar with the planners and expeditors who comprise her staff. "Many on my staff haven't worked together a lot, so I want to foster a team environment that can help us get things done in a more effective manner," said Bond.

"We have had to put (some programs) on the back burner," noted Ashbrook. "Now we'll be able to put those programs back into the forefront. Building on what we have and fostering stronger bonds and trust is our major focus. Bottom line, we support the production lines and the end goal is to support the Marine in the field."



William Simmons and Larry Prince, material handlers, sort and account for parts before putting them in inventory.



Sonny Thompson, material handler, moves a pallet of parts with a forklift for later dissemination into kits.



A line of receipts in Warehouse 405.





By Jim Gaines  
MCCS Publicity

Christmas shop at your MCX

Save at the December Christmas Sale at the Exchange/Super Seven Store. All sorts of bargains and discounts on various products up to 15%. The Exchange/Super Seven Store is open Mondays - Fridays 6:30 a.m. - 9 p.m. Saturdays 8 a.m. - 9 p.m. Sundays and holidays 10 a.m. - 6 p.m.

The Yermo Exchange is open Mondays - Fridays 8 a.m. - 3:30 p.m. (During troop rotations open Mondays - Fridays 8 a.m. - 8 p.m.) Saturdays and Sundays 10 a.m. - 5 p.m.

Lunch menu

*Today* – Beef and chicken enchiladas and Mexican casserole.  
*Friday* – Hoki fish & fried rice.  
*Monday* – Chili Mac.  
*Tuesday* – Chicken stir fry & steamed rice.

*Wednesday* – Bacon cheeseburger & bowl of chili.  
*Thursday* – Open faced turkey sandwich, stuffing, mashed potatoes & corn.  
*Friday* – Cajun fish with rice or mashed potatoes.

Family Night menu

*Tonight* – Closed due to MCCS Christmas Party.  
*Dec. 20* – Chili topped with cheese or diced onions or both plus crackers. Sliced roast sirloin of beef, mashed potatoes and gravy, vegetables, tossed green salad, rolls & butter, assorted drinks and dessert.  
*Dec. 27* – Closed.  
Everyone welcome! Family Night Dinners served from 4:30 - 7:30 p.m. at the Family Restaurant every Thursday. Prices: Adults \$5.50, children five to 11 years \$3.50, children four years and under are free. Prices are the same for military and civilian.

MCCS Holiday hours for Christmas and New Year's Day

- The Family Restaurant will be open Dec. 24 from 9 a.m.–2 p.m., Closed Dec. 25, open Dec. 26 through Jan. 1 from 9 a.m.–2 p.m.
- MCX-Super Seven Store will be open Dec. 22 through 24 from 10 a.m.-6 p.m. Closed Dec. 25. Open Dec. 26 through Jan. 1 from 10 a.m.–6 p.m. Yermo Railhead Exchange will be closed Dec. 22 through Jan. 1.
- The hobby shops (Auto, Ceramic & Wood/Rock) and the Bowling Center normally closed Mondays and Tuesdays, will be closed Dec. 23 and 30.
- ITT, Personal Services, Child Development Center and the Library will be closed Dec. 25 and Jan. 1.
- YAC will be closed Dec. 22, 24 and 25. Open Dec. 26 – 29 as well as Dec 31 from 10 a.m. to 6 p.m. Closed Jan. 1, open Jan. 2 – 5 from 10 a.m. to 6 p.m.
- The Golf Course will be closed Dec. 25, but will be open Jan. 1 from 7 a.m.-5 p.m.
- The Gym will be open Dec. 24 from 8 a.m.-3 p.m., closed Dec. 25. Open December 26 from 8 a.m.-3 p.m., open Dec. 27 and 28 from 5 a.m.-9 p.m., open Dec. 29 and 30 from 8 a.m.-3 p.m., open Dec. 31 from 8 a.m.-3 p.m. Closed Jan. 1, open Jan. 2 from 8 a.m.-3 p.m.



Photo by Sgt. Anwaar AlMoribat

Bring a report card with a “B” average to the Super Seven Store and walk away a winner. Two \$1,000 savings bonds are up for grabs.

MCCS rewards for good grades

Who says that making good grades is not cool? Marine Corps Community Services is rewarding all children, age 6 through high school, with an unlimited opportunity to win games, CDs, calling cards and two \$1,000 savings bonds. All children have to do to participate in the program is bring in their report card within 30 days of the issue date. Only children of authorized patrons are eligible to take part in the contest. Report cards must reflect a “B” average. Children are allowed to pick any one scratch-and-win card per reporting period. Every card is a guaranteed winner. Bring in your report card and join the winner’s circle.

Winners	
Joshua Raymond	60 minute calling card
Brettney Edwards	Tote bag



# SPORTS

## Bulldogs place third in Ironman hockey tournament

Compiled by  
Barstow Log Staff

The USMC Bulldogs Roller Hockey Travel Team hit the beach with their sticks in hand, wheels under their feet and hockey pads strapped on tight taking on teams from the Orange County area at the Beach Cities Hockey Club Silver Division Ironman Tournament in San Clemente, Calif., Dec. 8.

The Bulldogs, sponsored by Marine Air Ground Task Force Training Center Twentynine Palms, took third place.

Among the other teams participating in the tournament was a team of players all born in the Czech Republic.

"It was a bit strange to hear an entire team talking to one another during the game in a different language," added Bulldogs Jeff Hanson, team captain and defenseman.

The Bulldogs opened the tournament with a 3-0 loss to the highly skilled Czech team, but avenged the loss to the Czechs later in the tournament with a convincing 7-1 win.

The "Ironman" format was some-

thing the Bulldogs had not played before.

The games consisted of a single 15-minute period with no substitutions. As roller hockey is played four-on-four, the team rosters were limited to a total of five players including their goaltender. Most of the teams played at least six games in the span of about four hours that night.

"I'm ... tired," was an understatement uttered by many players at tournament's end, including Bulldogs forward Brian Griffin, who scored 5 goals and 2 assists in six games for the Bulldogs in the tournament.

"No matter how many goals you score (individually), it doesn't mean much if the whole team is not successful offensively," stated Jose Agrelo, who led the Bulldogs with 6 goals and 2 assists in six games for the tournament.

Their win against the Czechs would turn out to be the Bulldogs' only significant offensive outburst, as they suffered from inconsistent goal scoring throughout the rest of the tournament. The lack of goal support forced Jason Cortright to be even sharper than usual in order to keep



Photo by Sgt. Micheal McGee

USMC Bulldogs Roller Hockey Travel Team goalie, Jason Cortright, stops a puck during a practice session before the Beach Cities Hockey Club Silver Division Ironman Tournament in San Clemente, Calif., Dec. 8. The Bulldogs took third place in the tournament.

the Bulldogs in contention for the tournament championship.

Cortright posted a 3-3-0 record, and led all tournament goaltenders with a sparkling 1.83 goals against average, a 89.1 save percentage in stopping 90 of 101 shots, earned one shutout and even contributed to the Bulldogs offense with an assist.

In the Bulldogs' semifinal game, they chose a more passive game plan, waiting for offensive opportunities while relying heavily on their goaltender to keep them in the game. Midway through the game with the score 0-0, the Bulldogs were awarded a penalty shot, but missed. Moments

later, the Bulldogs got another scoring chance, but the shot hit the post and the flat score remained. The Bulldogs' passive game plan caused them to give up more shots in their own end, and Cortright made a heroic stand and shut the door by stopping 23 shots. But with 28 seconds left in the game, a shot from the point beat him to the low left side and the Bull-

dogs had to settle for third place with the heartbreaking 1-0 loss.

"We played a great positional game on defense and got plenty of scoring chances on offense, but we just couldn't finish consistently," Cortright said after the tournament, "and when that starts to happen you have to be even bigger in net because just one mistake could be the difference."

Hanson was a dominating presence along the boards defensively and contributed to the Bulldogs' offense with five assists. Pat Kroening worked in tandem with Hanson on defense, and scored a goal and an assist.

The USMC Bulldogs will be going back to San Clemente Saturday for the Gold Division Ironman tournament from 8 p.m. to midnight.

The competition looks to be faster and tougher, adding to the challenge for the Bulldogs to improve upon their Silver Division performance.

Beach Cities Hockey Club is located at 1607 Calle Lago, San Clemente, CA 92672.

For directions to Beach Cities Hockey Club or other questions, call Chris D'Alonzo or Michelle Hansen at (949) 369-7676 or visit their Web site, <http://www.bchockeyrink.com>.

## GUNNY'S PICKS

Week 15



Rick Wiley from Facilities Maintenance Branch is this week's Gunny's Picks winner. "I got lucky this week," said Wiley.

"Weeks 12 and 13 tend to be watershed weeks. That's when you usually see who's ready to play and who's ready to go home, unless you're Randy Moss and you decide when you're going to

play. Go Raiders!" To submit your choices for Gunny's Picks, fill out this section of the newspaper and drop it off at the Public Affairs Office in the Red Wing of Building 15, or e-mail who you think will win each game to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

### Saturday Games

\*Arizona at N.Y. Giants

\*Oakland at San Diego

### Sunday Games

\*Atlanta at Indianapolis

\*Philadelphia at Washington

\*Cincinnati at \*N.Y. Jets

\*Tampa Bay at \*Chicago

\*Denver at Kansas City

\*Miami at \*San Francisco

\*Jacksonville at \*Cleveland

\*Dallas at Seattle

\*Minnesota at Detroit

\*Green Bay at Tennessee

\*New England at Buffalo

\*Pittsburgh at \*Baltimore

### Monday Night

\*St. Louis at New Orleans

Total points: \_\_\_\_\_

Name, work section and phone number: \_\_\_\_\_

Monday night's game is a tie-breaker and must include a total score.

### Editor's Note:

For information about practicing with or playing for the U.S. Marine Corps Bulldogs roller Hockey Travel Team contact Jason Cortright, 577-7213. The Bulldogs have practice at Marine Corps Air Ground Task Force Training Center Twentynine Palms, Calif., Wednesdays and Saturdays. Transportation arrangements can be made through Cortright.

## SUICIDE from Page 4

selors at the Marine Corps Personal Services Division, and chaplain.

Some of the warning signs of suicide are extreme hopelessness, increased anxiety, talking about suicide or prior suicide attempts, irritability or anger, and withdrawing from friends and family. Nearly 80 percent of all suicide victims show some or all of the warning signs before attempting suicide.

"It is very hard for someone who is experiencing difficult times to reach out and ask for help. This is especially true in the military culture, where there may be fear of retribution or a perception of weakness," Robbins explained.

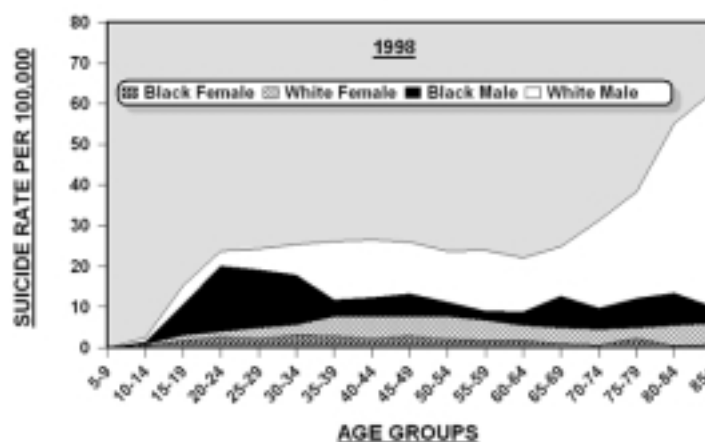
She added, "if you see or hear suicidal behavior or comments take them seriously. If a Marine makes suicidal statements or attempts to harm him/herself, they need to be seen by a medical professional immediately. Leaders should escort the Marine to the base, branch

medical, or Naval hospital. A mental health professional will evaluate the seriousness of the situation and get them the immediate help they need. Sometimes sending a Marine to see a chaplain isn't enough."

### Editors Note:

If you think you might know someone who is suffering from depression or having suicidal thoughts or are having those thoughts yourself let someone know, call the Personal Services division, 577-6533, or the base chaplain, 577-6849.

### U.S. SUICIDE RATES BY AGE, GENDER, AND RACIAL GROUP



Source: National Institute of Mental Health  
Data: Centers for Disease Control and Prevention, National Center for Health Statistics



**BRIEFS from Page 3**

sity, or currently enrolled in a post high school accredited vocational/technical school.

Family income must be \$49,000 or less.

The application deadline is April 1. For an application packet write to: Marine Corps Scholarship Foundation, P.O. Box 3008, Princeton, N.J., 08543-3008, or e-mail a request to [mcsf@aosi.com](mailto:mcsf@aosi.com), or visit <http://www.marine-scholars.org>.

**Mustangs**

The Marine Corps Mustang Association is accepting applications for membership.

Membership is open to Marines who, after having served on active duty in the enlisted ranks of the U.S. Marine Corps, or Marine Corps Reserve, have risen to the officer ranks and served as commissioned or warrant officers in the Corps. It includes men and women, active duty, reserve, retired and honorably discharged Marines.

For more information send an e-mail to [topmustang@aol.com](mailto:topmustang@aol.com), write to MCMA Inc., P.O. Box 1314, Delran, N.J., 08075-0142, or call (856) 786-4400.

**FRA Survey**

The Fleet Reserve Association is

conducting a survey on its Web site, <http://www.fra.org>, throughout the month of December.

Input from the survey will be collected to help the FRA finalize its top legislative initiatives addressing pay, health care, and other benefits, and better represent the concerns of active duty sea service members.

For more information about the FRA call, Matt Schafer, (800) 372-1924, or visit <http://www.fra.org>.

**Recycling reminder**

All glass, plastic, paper products, and small pieces of cardboard should be placed in the blue 95 gallon containers or the green metal bins, and all cardboard should be placed in the cardboard collection containers located throughout both the Nebo and Yermo Annexes.

There are several green, 3 cubic yard bins located throughout the base for the collection of recyclable materials.

Use of these containers is encouraged to help reduce the amount of material being sent to the landfill.

The containers are located at the commissary parking lot at Nebo, on the north side of Building 15, and at the Yermo Annex on F Street in front of the Roundhouse (locomotive repair building).

To request more recycling bins or to have unused bins removed or for

more information about recycling contact Carmela Gonzalez, 577-6744, [gonzalezcj@barstow.usmc.mil](mailto:gonzalezcj@barstow.usmc.mil).

**Mounted Color Guard**

The Marine Corps Mounted Color Guard is seeking members.

There are no prerequisites, other than being an active duty Marine. Previous experience with horses is not necessary. Mounted Color Guard Marines represent MCLB Barstow at parades and events throughout the country.

To join or find out more, visit the base stables at the rear gate of the Yermo Annex during normal working hours, or call Master Gunnery Sgt. Kim Ortamond at 577-7302 or 577-7003.

**Wednesday Playmornings**

Every Wednesday morning from 10–11:30 a.m. the New Parent Support Program hosts Play Morning at the McKinney Youth Center for parents with children ages 6 and under.

Among the numerous activities are crafts fun for children and parents alike. For more information call June Treadwell, 577-6332.

**Trailblazer Club**

The Happy Trails Children's Foundation started by Roy Rogers and Dale Evans created a membership organization called the Trailblazer Club.

With a donation from \$25 on up, you can become a member and help raise funds for a new home for abused children. The existing Cooper Home houses 40 boys between the ages of 7 and 15 with a waiting list to get in. The new home would increase the capacity to 60 beds.

Since 1997, more than 300 children have received help from the Happy Trails Children's Foundation located in Apple Valley.

For more info about becoming a member call 240-3330.

**Barstow Servmart**

The Barstow Servmart allows employees aboard MCLB Barstow to shop online for all of their office and workplace needs.

The servmart has administration supplies, cleaning supplies, hardware, tools, and even parts for the Maintenance Center Barstow production line. To get started, go to <http://mcsd4.ala.usmc.mil/mclbbbarstow/servmart>.

**DeCA scholarships**

Applications and fact sheets for the 2002 Scholarships for Military Children program are now available at the commissary and at <http://www.commissaries.com>.

The deadline for filing completed applications for the \$1,500 scholarships is Feb. 5. The \$1,500 scholar-

ships are funded through industry donations, and the program is administered by the Fisher House Foundation through a professional scholarship evaluation company. Fisher House is known for building and donating fully furnished comfort homes near military medical facilities where families of patients receiving medical care can stay at a reasonable cost.

Sons and daughters of U.S. military ID card holders, to include active duty, retirees, and Guard and reserves, may apply for the scholarships.

Eligibility of applicants, including survivors of deceased members, will be determined using the DoD ID Card Directive. Applicants may be college-bound high school seniors, or students already enrolled in a four-year undergraduate program.

Students must have at least a 3.0 grade point average and write an essay that describes how his or her activities have enriched the community.

A military ID is no longer needed as proof of eligibility when the application is turned in at the commissary.

Applicants will be checked through the Defense Enrollment and Eligibility Reporting System prior to the awarding of scholarships, so sponsors should ensure that their children are enrolled in DEERS prior to applying.



Please submit all Trader Ads to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

**1997 JEEP GRAND CHEROKEE LIMITED SPORT UTILITY:** V8 5.2 liter, automatic, 4 wheel drive with A/C, P/S, PDLocks, CC, AM/FM stereo cassette/CD, dual air bags, 4 wheel ABS, leather seats, dual rack and alloy wheels, added equipment, keyless entry, valet keys, anti-theft system, and new tires and brakes, 79K highway miles asking \$16,500. Call 385-0925.

**1997 FORD 350:** Dually, crew cab, long bed, automatic, camper shell and carpet kit, new tires and rims, PS, PW, PDL, ABS, RE, tinted windows, sliding rear window, \$18,000 OBO. Call 253-2133.

**1993 GEO STORM:** New motor, about 35K miles, very clean inside and out, asking \$3,500. Call 963-3295.

**1995 DODGE:** pick-up, V6, maroon, take over payments, refinance \$7,251. Call 253-1981.

**1983 EL CAMINO:** 305 Eng., automatic transmission, A/C, power door locks, rear air shocks, C/C, camper shell, good tires and wheels, body in good cond. \$3,500. Call 255-4205 AWH.

**1979 FORD VAN:** Conversion, looks and runs good, many new parts. \$1,200. Call Jim at 255-2115.

**1966 DODGE STATION WAGON:** 383 V8 auto, air, runs, \$1,200. Call 254-1913.

**MISCELLANEOUS:** Dodge 318 engine, complete and runs, \$450; Volkswagen, 4 mag rims, \$55; all General Motors, 5 stock 14 in., rally rims, \$25 for all. Call 254-1913.

**MISCELLANEOUS:** Chevy 350 turbo transmission, has shift kit, 10,000 miles, rebuilt \$125; TRW 11:25 .060 over forged alum pistons, new \$125.00. Call 243-1392.

**MISCELLANEOUS:** Truck tire, LT 312-85 R16, \$25; towing mirrors, \$40 for the pair; receiver hitch class III, \$75; hitch haul (metal platform for trailer hitch) \$75. Call 256-6629.

**MISCELLANEOUS:** Antique 1919 Singer sewing machine, Treadle, Oak cabinet, \$150; 1950's chrome and enameled dinette table, drum end and coffee tables \$250. Call 256-0595.

**MISCELLANEOUS:** GE refrigerator, 18 cubic ft. white, xlt. cond., \$200. Call 256-6629.

**MISCELLANEOUS:** Heart shaped boxes, exotic hardwood, handmade, felt lined, nice Christmas presents, \$20. Call Jim at 255-2115.

**MISCELLANEOUS:** Queen water bed, book case head board with mirror, \$125; Chevy 350 Performer manifold \$50. Call 253-1942.

**MISCELLANEOUS:** Electric dryer, older, works, \$15; gas stove with built in microwave, almond color, \$125; trundle bed like new, \$110; awning for cars or patio aluminum, \$125. Call 254-1913.

**MISCELLANEOUS:** Pageant dresses, sizes 2-7, xlt. cond., worn

only once, best offer. Call 252-1311.

**MISCELLANEOUS:** Refrigerator, Hotpoint, 20.6 sq. ft., glass shelves, frost-free freezer, \$400 OBO. Must see, call 252-1018.

**MISCELLANEOUS:** 12 Used Railroad ties, must take all, \$6 each; Chevy 396 cast crank 10-10 crank, \$100; Pinto 2.3 Cyl. Head, no cracks also 10-10 crank, \$100. Call 243-1392.

**MISCELLANEOUS:** Chevy 400 trans, shift kit with 10,000 miles \$125; Chevy 350 TRW pistons 11.25 comp + .060, new \$125, also performer \$50. Call 243-1392.

**MISCELLANEOUS:** Child's loft bed w/side rails and homework desk underneath, red metal, \$150 OBO. Call 256-1914 AWH.

**MISCELLANEOUS:** Navy Pea coat, size 38, good cond., \$25; ham and meat slicer, (stainless steel), \$40; grill and waffle baker, General Electric, \$30 Call 242-8839.

**MISCELLANEOUS:** Exercise equipment, Ab-doer Pro, \$60; Ultra glide XL, \$60; Ultra total Gym \$200, all new condition. Call 256-0595.

**CAR POOL WANTED:** Hesperia person looking for car pool, works 5-4-9 non-payday Fridays off, hrs 6:30 a.m.-12:00 p.m. Call 948-5140, ask for Jim.



